



# Proven and Effective Play Therapy Strategies with Children and Adolescents of All Ages

FRIDAY, AUGUST 18, 2017



**Christine Frydenborg, Ph.D.**, is a practicing psychologist with over 20 years of experience. She has been working with children and families for years in such areas as abuse, divorce, custody disputes, children of alcoholic/drug addicted parents and adopted children. She currently travels the United States and Canada providing seminars on topics including the treatment of anxiety, the utilization of the sand tray, the treatment of eating disorders and play therapy. She continues to maintain a small private practice and also teaches undergraduate and graduate level courses. She is on the faculty at Grand Canyon University and Ashford University. Dr. Dargon received her Doctorate of Counseling Psychology from Seton Hall University with a specialization in Family Therapy, her Masters' of Science in Education, Counseling and Personnel Services from Fordham University with a focus in School Counseling and her Bachelors' in Psychology and Sociology from the University of Connecticut.

**Overview:** Children lack some cognitive abilities needed to understand their world and experiences because they are still developing. In addition, they also lack the vocabulary to communicate their emotions and perceptions to someone else. This is where Play Therapy can be very useful and a vital tool. This conference will teach attendees how to use play therapy as an incredible method of communication and diagnostics. It will teach participants how to interpret the ways in which children play, the importance of what they play with/what they create, and how to interpret their interactions with us as the professional. By attending this seminar, participants will learn how to understand and determine what the individual is struggling with and causes for presenting behaviors and emotions through their play. Attendees will leave with a tool box filled with ready-to-use Play Therapy techniques that they will immediately be able to implement in their work with children and clients of all ages. This tool box will consist of appropriate tools for different presenting problems such as anger, ADHD, depression, anxiety and more. Some of the tools will include Sand Tray therapy, coloring, the use of puppets, dance/movement, "I Spy", and many other great techniques. Much of this conference will include active learning and participation. So get ready to learn, have fun and see the world through a child's eyes.

### Objectives:

At the conclusion of the workshop, the participant will be able to:

- **Articulate** the purpose and goals of Play Therapy
- **Implement** specific and easy Play Therapy techniques with specific presenting issues
- **Utilize** play therapy as a diagnostic tool and interpret what you see
- **Identify** which Play Therapy techniques to use with different children and different presenting problems
- **Recognize** things to be aware of and areas of caution including selecting the best material depending on the presenting issue
- **Apply** Play Therapy techniques in a variety of settings including Group Play Therapy

### Who Should Attend:

This workshop is for all mental health professionals working with children and families who are seeking new and innovative techniques made simple transforming counseling sessions with children into a fun, therapeutic, and diagnostic experience. This is for professionals who want to leave ready and excited about working with children.

### Schedule:

8-8:30 (ET)	Registration and Continental Breakfast
8:30 – 10:00	Why Play? Stages of Play Development, Theories of Play Therapy, Assessment/ Diagnosis
10 – 10:10	Break
10:10 – noon	Lunch
12 – 1:10	Directive vs. Non-Directive
1:10 – 2:15	Break
2:15 – 2:25	Directive Play Therapy Tools
2:25 – 4:00	Drawings, Board Games, Emotion Play Therapy Tools, Areas of Caution and the Perfect Play Therapy Space

### Questions and Auxiliary Aids

To register: contact Fran Howard, Workshop Registrar at (260) 482-9125, ext. 2019  
 For workshop questions: contact Emily Liechty at (260) 482-9125, ext. 2148  
 Email address: fhoward@parkcenter.org

**VISIT OUR WEBSITE AT:**  
[www.parkcenter.org/workshop.htm](http://www.parkcenter.org/workshop.htm)

**PARK CENTER PROFESSIONAL TRAINING SERIES PRESENTS:**



# Proven and Effective Play Therapy for Children and Adolescents of All Ages

Featuring: Christine Frydenborg Dargon, Ph.D.

**REGISTRATION FEE:** \$110.00 / \$90.00 per person for four or more registrations submitted together from the same organization for any of the workshops listed in the 2017 Park Center Professional Training Series workshops. Continental breakfast, break refreshments, and training materials are all included. Lunch is on your own.

**CANCELLATION:** Up to 5 days prior, \$10.00 administrative fee; less than 5 days, non-refundable.

**LOCATION:** Grand Wayne Center ~ 120 W. Jefferson Blvd. ~ Fort Wayne, Indiana 46802 ~ (260) 426-4100.

**LODGING:** The Hilton Hotel is located in the Grand Wayne Center complex. Make your reservations by calling (260) 420-1100, ext. 7205. If you need assistance with obtaining room reservations, please call Fran Howard at toll free (866) 481-2700, ext. 2019.


**PARKING:** Parking is available for a fee within a two-block radius of the workshop location.

**FACILITY ACCESSIBILITY:** The Grand Wayne Center and Hilton Hotel are handicap accessible facilities. Please contact Fran Howard, Workshop Registrar, toll free (866) 481-2700, ext. 2019 if special accommodations are needed.

**QUESTIONS OR CONCERNS:** Contact Emily Liechty at (260) 482-9125, ext. 2148 or Fran Howard at ext. 2019

Workshop rooms are typically cool, please dress appropriately.

## Continuing Education Credits

- American Psychological Association** ↔ Park Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Park Center maintains responsibility for this program and its content. Credit: 6 Continuing Education Hours.
- Association of Social Work Board** ↔ This organization, Park Center, Inc., provider # 1022, is approved as a provider of social work continuing education by the Association of Social Work Board (ASWB) www.aswb.org, through the approved continuing education (ACE) program. The organization, Park Center, Inc., maintains responsibility for the program. ASWB Approval Period: 4-29-12 to 4-29-15. Social Workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 6.0 (clinical) Continuing Education Hours.
- Indiana Behavioral Health Board** ↔ Approved provider of Category I continuing education for LSW, LCSW, LMFT, LMFTA, LMHC, LMHCA LCAC and LAC. However, licensees must judge the program's relevance to their professional practice. Credit: 6 Continuing Education Hours.
- Indiana State Psychology Board** ↔ Approved sponsor of continuing education programs for psychologists. Credit: 6 Continuing Education Hours.
- Indiana Law Enforcement Training Board** ↔ Approved provider for training of Indiana law enforcement officer and support personnel. Credit: 6 Hours.
-  **National Board of Certified Counselors** ↔ Park Center is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Credit: 6 Continuing Education Hours
- NAADAC - The Association of Addiction Professionals** ↔ Approved NAADAC education provider. Credit: 6 Continuing Education Hours.

### Proven and Effective Play Therapy for Children and Adolescents

**August 8, 2017**  
Registration Deadline: 08/01

Name: \_\_\_\_\_

Degree: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Method of Payment**

Check enclosed (payable to Park Center, Inc.)

Amount Enclosed \$ \_\_\_\_\_

Charge my:  Mastercard  VISA  Discover

Mastercard/VISA  Debit American Express

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

3-Digit CVV Code or 4-digit AMEX Code \_\_\_\_\_

Cardholder\* Name (print): \_\_\_\_\_

Cardholder Address (include zip code\*): \_\_\_\_\_

Signature: \_\_\_\_\_

**Indicate Continuing Education Credit Requested**

- APA     ASWB     LCSW     LMFT/LMFTA     LMHC/LMHCA     LSW
- LAC/LCAC     ISPB/HSP     ILETB     NBCC     NAADAC     Ohio CSWMFTB

**Mail Checks & Registration Form To:**  
Fran Howard, Workshop Registrar, Park Center, Inc.,  
909. E. State Blvd., Fort Wayne, Indiana, 46805